

Changing the World
One Mind at a Time

CONSCIOUS LIVING

Yogatsu Institute for Conscious Living and Healing Studies

Events:

Open House

Dharma Charms and
Karma Beads

*Self-awareness Jewelry and
Meditation Tools*

When: Saturday, Nov. 10th

Time: 2-5 P.M.

Where: Los Prados Clubhouse

5150 Los Prados Circle

Las Vegas, NV 89130

Theme: *The Power of Feminine
Energy*

Event: **Gathering of friends to
share, inform, and have fun.**

Mini workshop: Chakras

- Chakra Genstones

Mini workshop: Meditation

- Intro. to Meditation

Mini workshop: Intuition

- Pendulum use

Mini workshop: Reiki

- Short Hands-on session

* Refreshments will be served

* Bring your friends

UNCONSCIOUS THINKING

"People are often careless about the thoughts they give rise to, assuming that once they forget about a thought, that thought is finished. This is not true. Once you give rise to a thought, it keeps functioning, and eventually its consequences return to you."

-Daehaeng Kun Sunim, "Thinking Big"

We really do take our thoughts for granted. Amazingly, humans think between 58,000-60,000 thoughts per day. The interesting thing about this fact is that most of the thoughts we have are *repeats*, which means we live our lives according to a few mental patterns that continue to loop around in our heads over and over again, robotically. Paying little or no attention to our thoughts doesn't mean they become inactive. On the contrary. Thoughts produce immediate chemical changes that affect the body in various ways; ranging from very subtle and unnoticeable to strong and physically felt. Every thought is "alive" until it is brought to a firm conclusion. Thought energy must be used up so that its energy doesn't continue building internally. We can do this in two ways: act out the thought, or use its energy to transform itself to another, better, one.

Being aware of a thought as it arises is beneficial in many ways: we *see the repetitiveness* of certain kinds of thought, we *gain personal control* by becoming more selective, and we *enrich our lives* with repeated thoughts that are happy and healthy, more useful and productive, and a great deal more life-affirming. Moreover, paying attention to our thoughts gives us the chance to view our world from a *new* perspective, a new point of view. With a little training the mind and brain can change. They are both very pliable.

MEDITATION

- Prepare yourself for meditation practice. Turn off your phone and find a quiet spot so that you can sit without disturbance.
- Bring to mind the last time you felt sad or depressed.
- Move inward. See if there is anything pressing against your mind or heart, perhaps a disappointment or emotional injury you've been avoiding.
- As you continue sitting, imagine that what is pressing against your heart is like an open wound that needs to be examined, cleaned, and medicated.
- As you breathe, know that you are larger than this injury. Relax and allow the pain to just be. Stay with it until the pain transitions into an insight intended for your benefit. Feel the healing that this newfound freedom from the burden provides. Namaste.

MICHELE'S WORD OF THE MONTH: MANTRA

The most common form of meditation involves using a *mantra* (a spiritual word or phrase) as a point of focus. You can be given a mantra by a spiritual teacher, or choose your own special word or short prayer. The object of mantra repetition is having something to come back to when the mind begins wandering—and it will—as that is the nature and habit of the mind.

You can choose a traditional mantra, such as the name of God, in the language of your choice. The Sanskrit word "aum" or "om" is probably the best known, and easiest to remember. *Om* is a simple mantra with a rather complex meaning. *Om* represents the unity of everything in the universe fused into a single sound. It includes the unity of mind, body, and spirit, which is the heart of yoga. Sit quietly and play with the word *Om*. If it doesn't *feel* right experiment until you

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find a mantra that does. You will know when you've found the right word, or phrase; it will become second nature to you and it will stick to your mind as though it has come home to roost!

MICHELE'S REIKI: LEVEL I TRAINING

Anyone can learn the ancient healing art of Reiki, regardless of age or state of health. Reiki Level I, (First Degree Reiki), is the first step to becoming a Reiki practitioner. Learning the First Degree enables you to give Reiki treatments to family, friends, and to yourself. Level 1 students learn what Reiki is, its history, hand positions for treating others and self, and how to conduct a Reiki session. An Attunement (initiation) is given by a Reiki Master to each student with the intent of passing on the ability to share Reiki with others. The main purpose of an Attunement is to raise the student's energy level in order to re-connect with the infinite universal energy within that increases healing ability, and allows Reiki energy to flow freely. Level 1 Attunement stimulates the student's ability to work with Reiki on all levels: Mind, Body, Emotions, Thoughts, Feelings, and Intuition. Also, after several demonstrations students will participate in sharing Reiki with fellow students. You will leave the class feeling confident in your ability to conduct a Reiki session on yourself and others. Reiki is a powerful healing tool that you can access anytime, and it will stay with you always. Once you've decided to learn Reiki, the next step is to find a Reiki Master. This is very important because the Reiki Master you choose will create the setting for your experience and understanding of the practice. Check out reiki.org for a list of Reiki Masters in your area, or ask your friends for a referral.

THERAPEUTIC YOGA

One of the easiest ways to prepare for meditation is *stretch*. Stretching releases the contractions held in the muscles that often eventuate in stiffness and pain. When we *breathe* with each part of the stretch, oxygen is transported to muscle cells, allowing muscles to relax and re-lengthen.

SUPINE KNEES TO CHEST



- Lie down on the floor, on your back. Lift both knees up toward your chest, holding front of knees with both arms.
- Exhaling, bring your knees closer to your chest, and hold the position for a few breaths.
- Holding the knees, allow back and shoulders to relax.

CORPSE POSE



- Release from Supine Knee to Chest, and rest on your back. If you have back problems, place a pillow or folded towel under your knees.
- Remains physically still and relaxed while allowing your mind to focus on a lovely scene, or repeat a mantra.
- This prepares the body for meditation when you are tired or stressed from the challenging activities of a very busy day.